## Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (NTBE01490)
- The NAME of the product (NordicTrack® GRT200 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see pages 10 and 11).

## Limited Warranty

WHAT IS COVERED—The entire NordicTrack® GRT200 Training System ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the Product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase. Labor is covered for one year.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

USER'S MANUAL—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

Part No. 160476 R1099A

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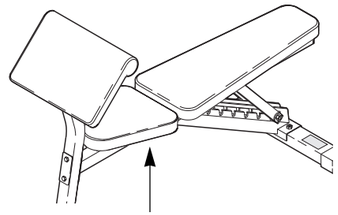
# NordicTrack®
## GRT200

**Model No. NTBE01490**
**Serial No. _____**

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

# USER'S MANUAL

## QUESTIONS?

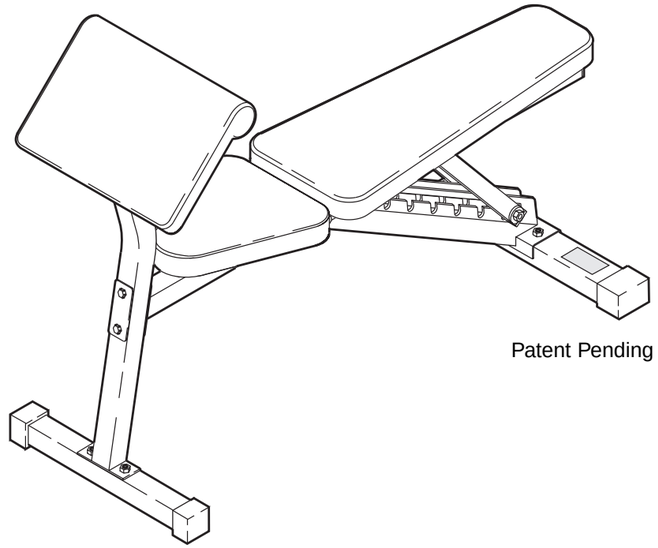
**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions or if there are missing parts, we will guarantee you complete satisfaction through direct assistance from our factory.**

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.**

**CUSTOMER HOT LINE:**
**1-888-825-2588**
**Mon.–Fri., 6 a.m.–6 p.m. MST**

## CAUTION

**Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.**



Patent Pending

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**new products, prizes, fitness tips, and much more!**

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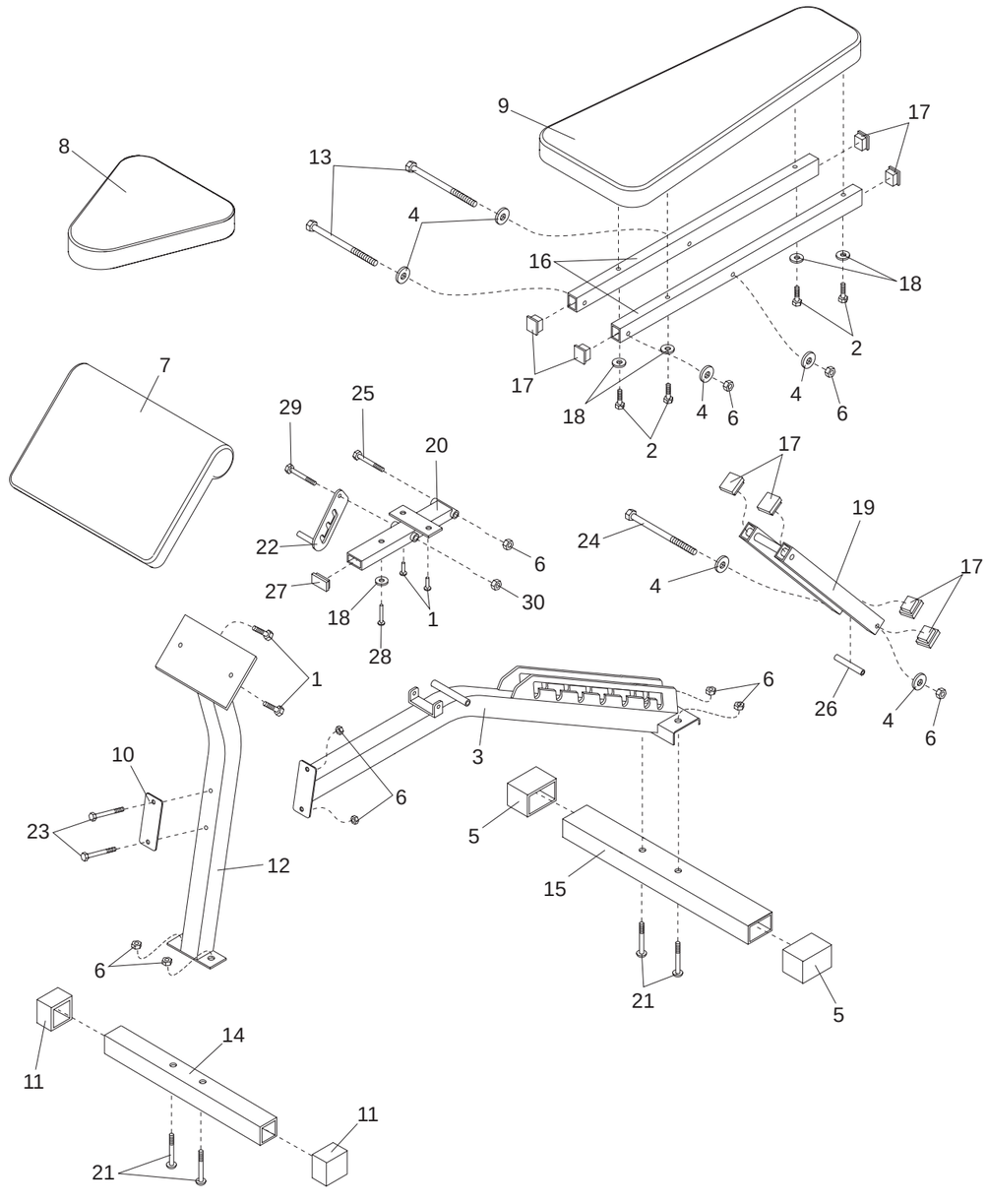
# Exploded Drawing—Model No. NTBE01490

R1099A



# Part List—Model No. NTBE01490 R1099A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---|---|---|---|---|---|
| 1 | 4 | M6 x 16mm Screw | 17 | 8 | 20mm x 40mm Inner Cap |
| 2 | 4 | M6 x 55mm Bolt | 18 | 5 | M6 Washer |
| 3 | 1 | Bench Frame | 19 | 1 | Backrest Adjustment Frame |
| 4 | 6 | M10 Washer | 20 | 1 | Seat Support Tube |
| 5 | 2 | 50mm x 70mm Outer Cap | 21 | 4 | M10 x 65mm Carriage Bolt |
| 6 | 10 | M10 Nylon Locknut | 22 | 1 | Seat Adjustment Bracket |
| 7 | 1 | Curl Pad | 23 | 2 | M10 x 70mm Bolt |
| 8 | 1 | Seat | 24 | 1 | M10 x 115mm Bolt |
| 9 | 1 | Backrest | 25 | 1 | M10 x 80mm Bolt |
| 10 | 1 | Support Plate | 26 | 1 | 15mm x 10.5mm x 60mm Spacer |
| 11 | 2 | 50mm Square Outer Cap | 27 | 1 | 25mm x 50mm Inner Cap |
| 12 | 1 | Front Leg | 28 | 1 | M6 x 38mm Bolt |
| 13 | 2 | M10 x 180mm Bolt | 29 | 1 | M8 x 80mm Bolt |
| 14 | 1 | Small Stabilizer | 30 | 1 | M8 Nylon Locknut |
| 15 | 1 | Large Stabilizer | # | 1 | User's Manual |
| 16 | 2 | Backrest Tube | | | |

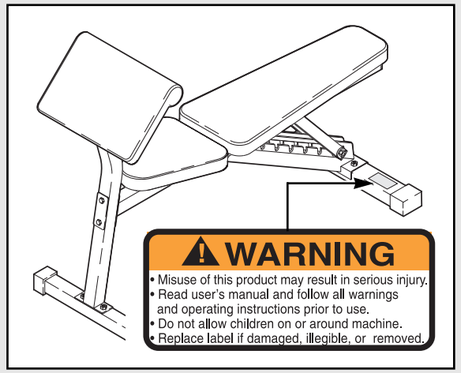
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



# Important Precautions

**WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.**

1. **Read all instructions in this manual before using the weight bench.**
2. **Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental or institutional setting.**
5. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
6. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
7. **Keep children under 12 and pets away from the weight bench at all times.**
8. **Keep hands and feet away from moving parts.**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**
11. **The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell, and weights (not included).**
12. **The decal shown below has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.

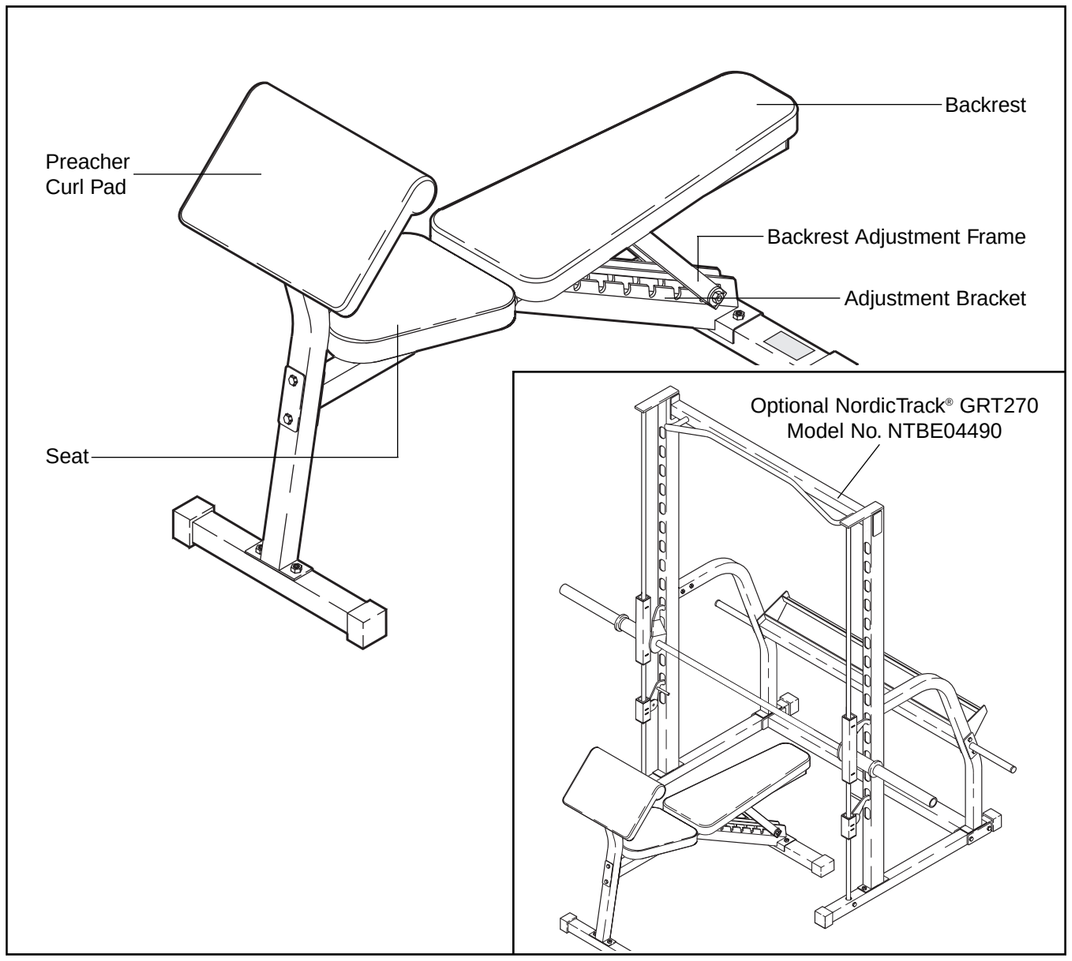
**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

# Before You Begin

Thank you for selecting the new NordicTrack® GRT200 weight bench. The NordicTrack GRT200 is designed to be used with your own dumbbell set to help you develop a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system. In addition, the NordicTrack GRT200 can be used with the optional NordicTrack® GRT270, shown in the drawing below. To order the NordicTrack® GRT270, call 1-888-825-2588.

**For your benefit, read this manual carefully before using the NordicTrack GRT200.** If you have additional questions, please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When calling, please mention the product model number and serial number. The model number is NTBE01490. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.






# Adjusting the Weight Bench

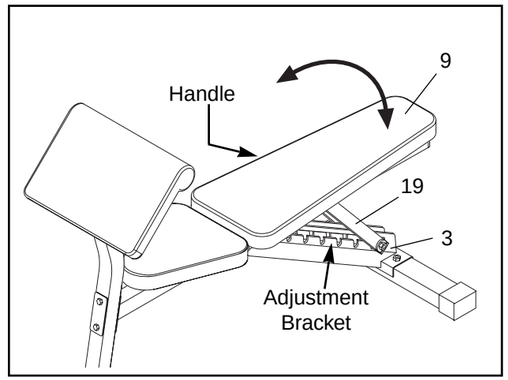
The weight bench is designed to be used with your own dumbbell set for a variety of exercises. In addition, the weight bench can be used with the optional NordicTrack® GRT270 (see page 4) to let you develop every major muscle group of the body. The instructions below show how the backrest and the seat can be adjusted and how the curl pad is used.

Make sure to inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

### ADJUSTING THE BACKREST

To raise the Backrest (9), grip the end of the Backrest with one hand and pull it upward. The Backrest Adjustment Frame (19) will automatically lock into one of the tabs on the bracket on the Bench Frame (3).

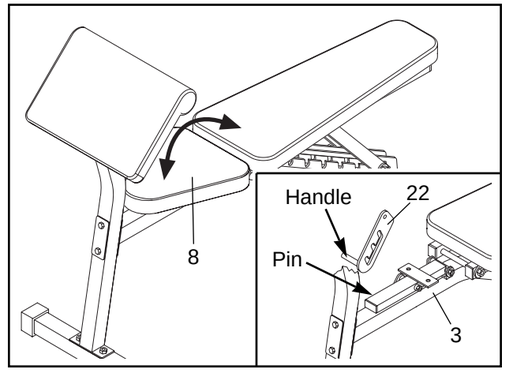
To lower the Backrest (9), grip the end of the Backrest with one hand and pull it upwards slightly. Grip the handle (not shown) on the right side of the Backrest Adjustment Frame (19) with your other hand and pull the Backrest Adjustment Frame free of the tabs on the bracket on the Bench Frame (3). Lower the Backrest to the desired position and lock the Backrest Adjustment Frame into the desired tab on the bracket on the Bench Frame.




### ADJUSTING THE SEAT

To raise the Seat (8), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (22) engages the welded pin (not shown) on the right side of the Bench Frame (3).

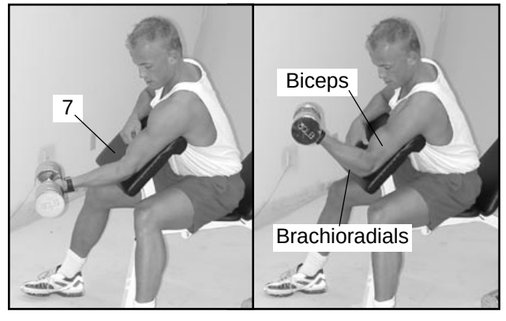
To lower the Seat (8), use the handle on the Seat Adjustment Bracket (22) to disengage the Seat Adjustment Bracket from the pin. Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket on the pin.




### USING THE CURL PAD

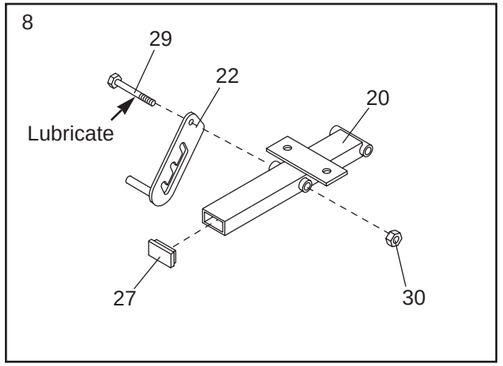
Sit on the weight bench and rest the upper part of one arm on the Curl Pad (7) as shown. Hold a dumbbell (not included) with an underhand grip and extend your arm. Slowly curl the dumbbell toward your chest and then return to the starting position. This exercise develops the biceps and brachioradial muscles. Repeat as many times as desired.

Next, repeat the exercise with your other arm.



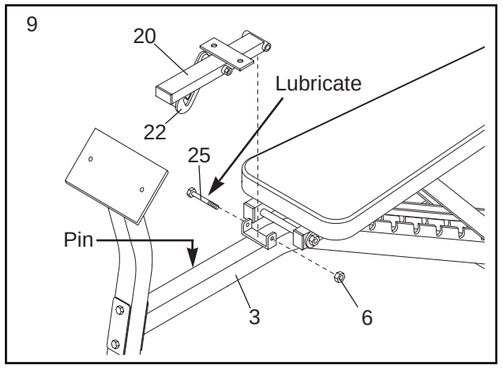
8. Press a 25mm x 50mm Inner Cap (27) into the open end of the Seat Support Tube (20).

   Lubricate an M8 x 80mm Bolt (29). Attach the Seat Adjustment Bracket (22) to the indicated side of the Seat Support Tube (20) with the Bolt and an M8 Nylon Locknut (30). **Note: Do not overtighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**



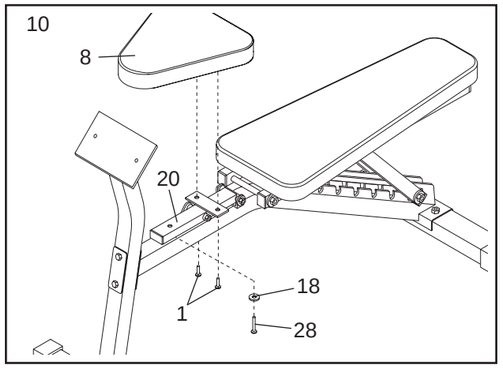

9. Place the Seat Support Tube (20) on the Bench Frame (3) so that the Seat Adjustment Bracket (22) fits over the welded pin (not visible in the drawing) on the side of the Bench Frame.

   Lubricate an M10 x 80mm Bolt (25). Attach the Seat Support Tube (20) to the indicated bracket on the Bench Frame (3) with the Bolt and an M10 Nylon Locknut (6). **Note: Do not overtighten the Nylon Locknut; the Seat Support Tube must pivot easily.**

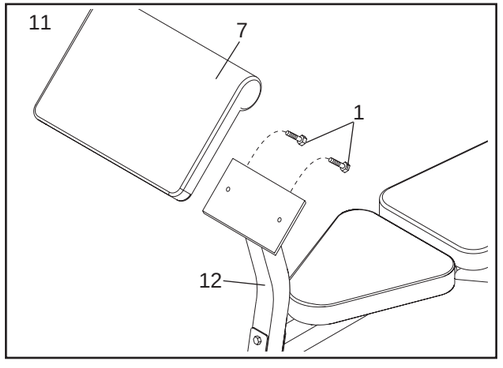



10. Attach the wide end of the Seat (8) to the bracket on the Seat Support Tube (20) with two M6 x 16mm Screws (1).

    Tilt the Seat Support Bracket (20) upwards and attach the narrow end of the Seat (8) to the Seat Support Bracket with an M6 x 38mm Bolt (28) and an M6 Washer (18).



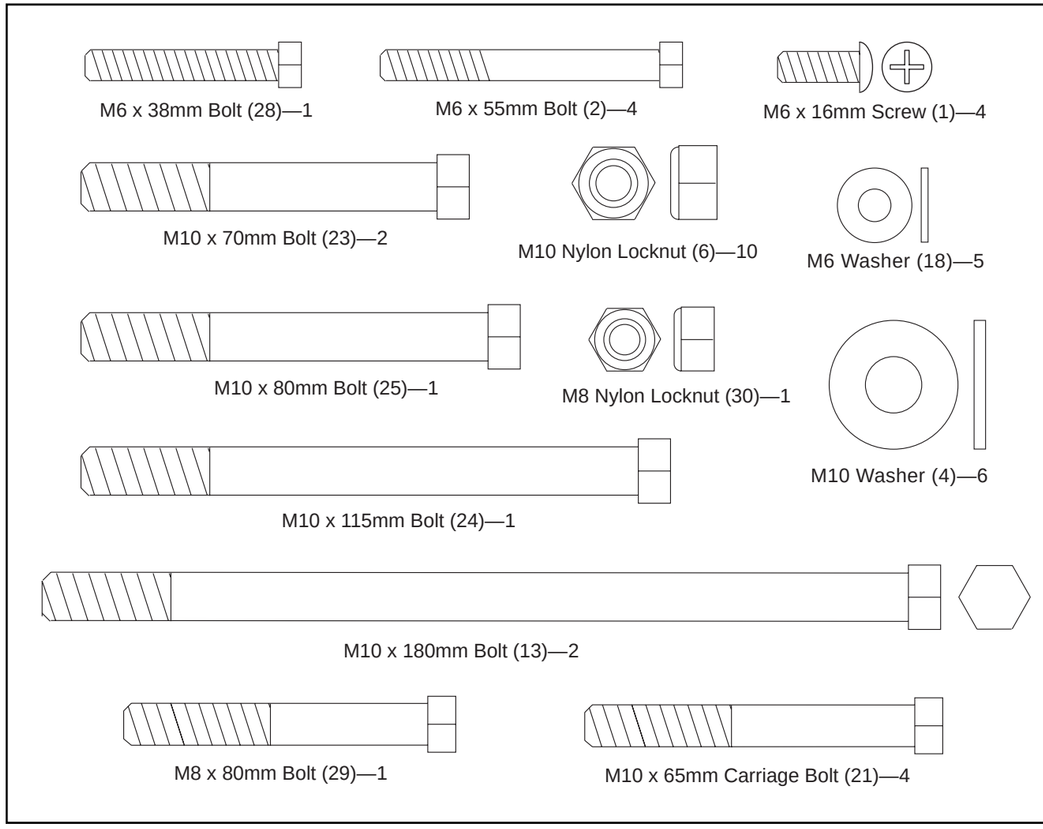

11. Attach the Curl Pad (7) to the bracket on the Front Leg (12) with two M6 x 16mm Screws (1).




12. **Make sure that all parts are properly tightened before you use the weight bench.**



# Part Identification Chart—Model No. NTBE01490 R1099A


M6 x 38mm Bolt (28)—1
M6 x 55mm Bolt (2)—4
M6 x 16mm Screw (1)—4
M10 x 70mm Bolt (23)—2
M10 Nylon Locknut (6)—10
M6 Washer (18)—5
M10 x 80mm Bolt (25)—1
M8 Nylon Locknut (30)—1
M10 Washer (4)—6
M10 x 115mm Bolt (24)—1
M10 x 180mm Bolt (13)—2
M8 x 80mm Bolt (29)—1
M10 x 65mm Carriage Bolt (21)—4

# Assembly

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise. For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.
- As you assemble the weight bench, make sure that all parts are turned as shown in the drawings.

- **Assembly requires:**

**two adjustable wrenches**

**a rubber mallet**

**a standard screwdriver**

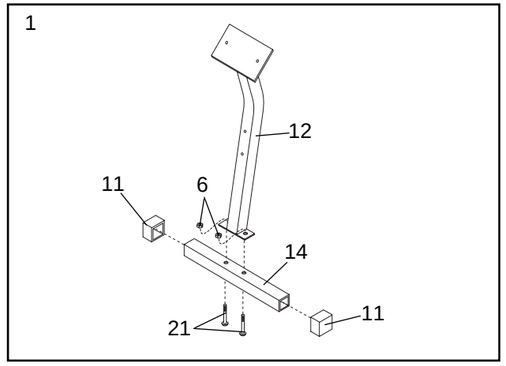
**a phillips screwdriver**

**lubricant, such as grease or petroleum jelly.**

Assembly may be more convenient with a socket set or a set of open-end or closed-end wrenches.

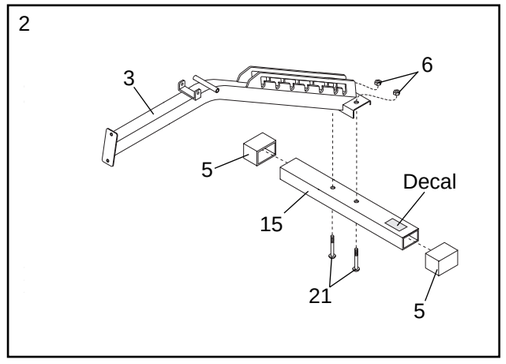
1. Press a 50mm Square Outer Cap (11) onto each end of the Small Stabilizer (14).

   Attach the Small Stabilizer (14) to the Front Leg (12) with two M10 x 65mm Carriage Bolts (21) and two M10 Nylon Locknuts (6). **Note: There is an indentation around the holes on one side of the Small Stabilizer. This side must be facing the floor.**

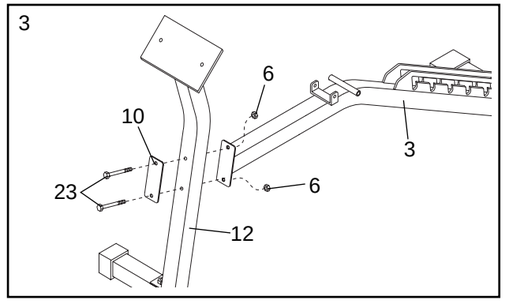



2. Press a 50mm x 70mm Outer Cap (5) onto each end of the Large Stabilizer (15).

   Turn the Large Stabilizer (15) so the warning decal is in the position shown. Attach the Large Stabilizer (15) to the Bench Frame (3) with two M10 x 65mm Carriage Bolts (21) and two M10 Nylon Locknuts (6). **Note: There is an indentation around the holes on one side of the Large Stabilizer. This side must be facing the floor.**



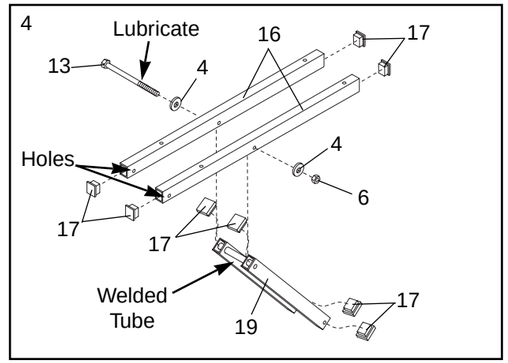

3. Attach the Front Leg (12) to the Bench Frame (3) with two M10 x 70mm Bolts (23), a Support Plate (10), and two M10 Nylon Locknuts (6).






4. Press two 20mm x 40mm Inner Caps (17) into each Backrest Tube (16). Press four 20mm x 40mm Inner Caps (17) into the Backrest Adjustment Frame (19).

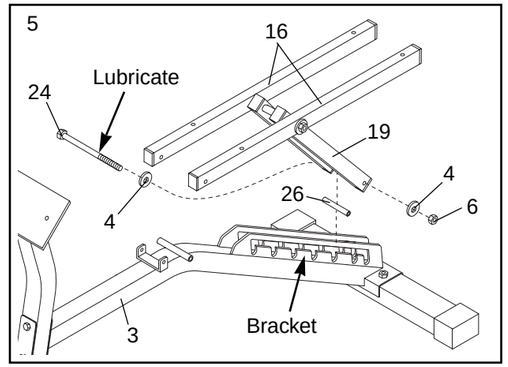
   Lubricate an M10 x 180mm Bolt (13). Attach the Backrest Tubes (16) to the welded tube on the Backrest Adjustment Frame (19) with the Bolt, two M10 Washers (4), and an M10 Nylon Locknut (6). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are not centered in the Backrest Tubes but are closer to one side. Turn the Backrest Tubes so the holes are closer to the floor. Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



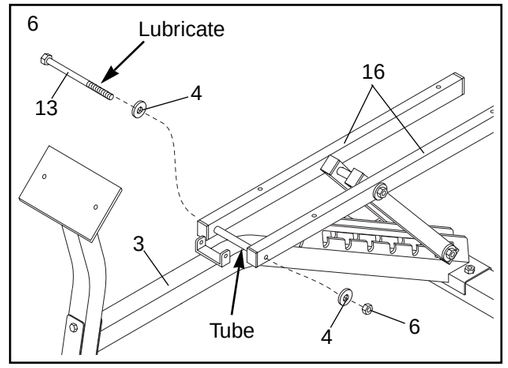

5. Attach the Backrest Adjustment Bracket (19) to the bracket on the Bench Frame (3) in the following way:

   Lubricate an M10 x 115mm Bolt (24). Slide an M10 Washer (4) onto the Bolt and insert the Bolt through the indicated tube of the Backrest Adjustment Frame (19).

   Hold the Backrest Adjustment Frame (19) over the bracket on the Bench Frame (3). Insert the M10 x 115mm Bolt (24) through one side of the bracket. Slide the 15mm x 10.5mm x 60mm Spacer (26) onto the Bolt. Next, insert the Bolt through the other side of the bracket and the other tube of the Backrest Adjustment Bracket. Secure the Bolt with an M10 Washer (4) and an M10 Nylon Locknut (6). **Do not overtighten the Nylon Locknut.**




6. Lubricate an M10 x 180mm Bolt (13). Attach the Backrest Tubes (16) to the indicated tube on the Bench Frame (3) with the Bolt, two M10 Washers (4), and an M10 Nylon Locknut (6). **Note: Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**




7. Attach the Backrest (9) to the Backrest Tubes (16) with four M6 x 55mm Bolts (2) and four M6 Washers (18).